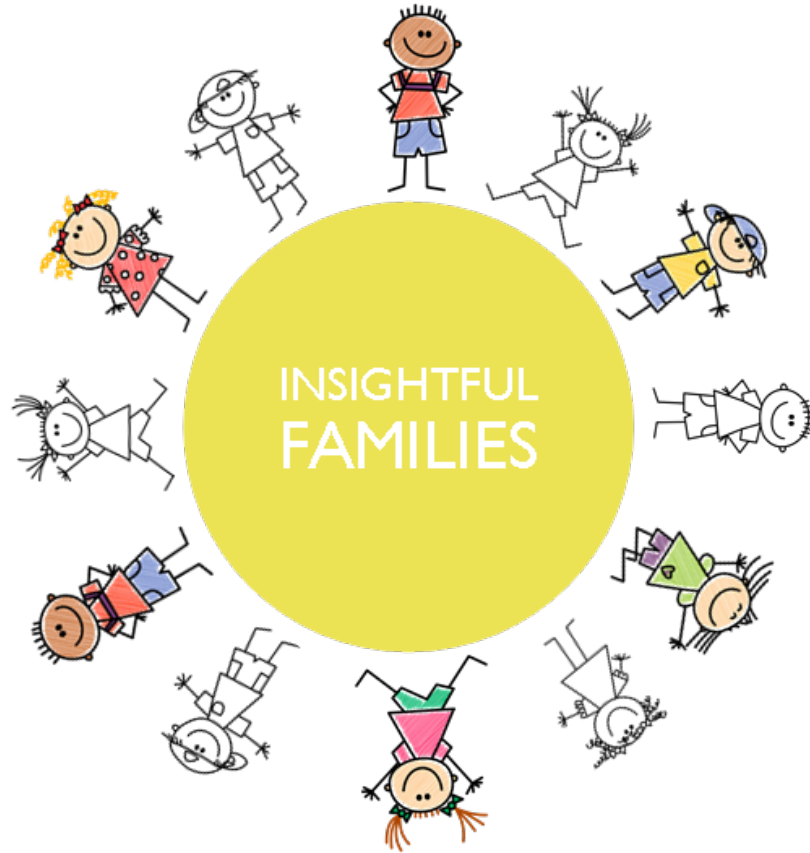


# Parental Alcohol Screening & Brief Intervention



## TRAINING Feb 2020

Newcastle University  
Anchor Approach  
Insightful Families-Humankind and Adfam

# Screening & brief interventions for risky drinking parents



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From Newcastle. **For the world.**

- Administering AUDIT -C & providing personalised feedback
- Core principles of approach
- Eliciting and enhancing change talk
- Practice and skills development for delivering brief alcohol intervention



- Impact of parental drinking on children
- Social care practitioners are *legitimate* in asking about their alcohol use - best person to intervene
- Parents often had *not* been asked about their alcohol use but *would like* to be asked about their alcohol use
- Asking parents about alcohol can be difficult - often rely on observable signs before asking
- Routine and structured conversations can be helpful in identifying parents who are risky drinkers - Audit C and the Brief Intervention are useful tools
- Helping a parent to consider their drinking - through a strengths based and non judgemental approach

# When to do an Audit C

Research shows that parents appreciate Key Workers talking about alcohol and are surprised if it isn't discussed.

Audit C is a Universal Screening Tool which can help to start conversations about alcohol at any point in your relationship with a family and can be used whether there is a prior concern or not. Professionals would need to use their judgment to decide when it feels like the right time.

Audit C screening can be done at various time points

- During assessment if alcohol is flagged as a concern
- During assessment if something is said which makes you think there may be an alcohol concern
- During assessment if you feel the parent would benefit from doing the screen
- During subsequent interactions if alcohol becomes a concern

The number of standard drinks in different servings of alcohol is shown in the picture below.



In the past 6 months (please circle the answer that best describes your drinking):

Questions	Answers				
	0	1	2	3	4
How often did you have a drink that contains alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week
How many standard alcoholic drinks did you have on a typical day when drinking? (e.g. 1 pint of lager is 2 standard drinks)	1-2	3-4	5-6	7-9	10+
How often did you have 6 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily

The answers you have provided suggest that you are at low risk of harm. This is good news. If you continue to drink in this way, there is unlikely to be any harm linked to your drinking

The answers you have provided suggest that your drinking places you at risk of harm. We can look at what this means for you and your family.

# Recording on Mosaic

If alcohol is identified during an initial assessment, Mosaic will prompt you to complete an Audit C.  
If the parent scores 5 or above, complete the Brief Advice Intervention

## Alcohol Screening Tool

### 1 Unit is typically:

Half-pint of regular beer, lager or cider; 1 small glass of low ABV wine (9%); 1 single measure of spirits (25ml)



### The following drinks have more than one unit:

A pint of regular beer, lager or cider, a pint of strong / premium beer, lager or cider, 440ml regular can cider/lager, 440ml "super" lager, 250ml glass of wine (12%)



## Audit C Questions

### In the past 6 months:

#### How often do you have a drink containing alcohol?

Never      Monthly or less      2-4 times per month      2-3 times per week      4+ times per week

#### How many units of alcohol do you drink on a typical day when you are drinking?

1-2      3-4      5-6      7-9      10+

#### How many times have you drank 6 or more units in one occasion?

Never      Less than monthly      Monthly      Weekly      Daily or almost daily

Total

0

## Scoring

0-4- No Action Needed: Congratulate lower levels of drinking, encourage to stay at these levels

5-12 -Increased Risk Drinking: Complete Brief Advice

Contact Insightful Families for advice if necessary.  
If alcohol use is high consider referral to Insightful Families Service.

- Express empathy
- Build a strong rapport.
- Actively encourage the person to voice the benefits of behaviour change.
- People must decide for themselves to change.
- You or the intervention has not failed if the service user does not decide to change.



**R**esist the righting reflex, **U**nderstand their motivation, **L**isten, **E**mpower



- Desire: I want, wish, would like to change..
- Ability: I could, can, might be able to...
- Reasons: I would feel better if, I need to because...
- Need: I ought to, have to, should...
- Commitment: I am, will, intend to...
- Taking steps: I have...



Change the Way You Talk About  
**CHANGE**

### BRIEF ADVICE

### PAReNTS



Describe a typical day in your family

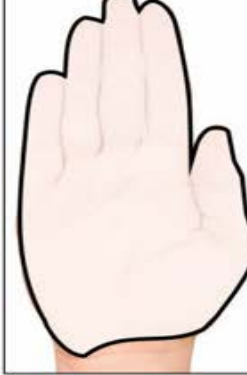
Describe a typical day when you drink

What is the day after you drink typically like?

**Protective factors**



**Risks for you**



**Risks for your child/ren**



**Risks for your household**



**Impact upon activities outside of the home**



**BRIEF ADVICE****PAReNTS**

### Making the most of the good things

What small change could you make?	What would be the not so good things that could come from this?
What would be the good things that could come from this?	Set yourself a plan (when & how? Who & what will help)

**Any questions?**  
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# Case Study

- Older child, secondary school, year 9. Risky behaviours; staying out past curfew, one incident where drank alcohol at home with a friend. Recently taken out of a lesson for bad language.
- Younger child year 5, primary school, is picked up from school by neighbour who is a family friend. The neighbour's child is in the same school.
- Parent 1 works in the hospitality industry, often unsociable hours and stays for a few drinks after shift making them arrive home later than expected. Parent can work weekdays or weekends.
- Parent 2 works long hours Monday -Friday and is home at the weekends.
- Neighbour cares for the younger child and occasionally the older child when the parents are both at work.
- There is always alcohol in the fridge and kitchen. Both parents enjoy a drink together at the weekends in front of the children.

# Questions/Topics to be discussed

- **What advice would you give this family around alcohol?**
- **Are there any cultural considerations?**
- **Who would be considered as a Family, Friend or Carer?**
- **What FFC support/advice would you offer?**
- **Family awareness around alcohol**
- **Age appropriate alcohol awareness**
- **Parental behaviours and language used around alcohol.**
- **Awareness of own values towards alcohol**

Topic	Points of discussion
<b>Advice</b>	<ul style="list-style-type: none"> <li>➤ Support families them to have a positive conversation around safety of alcohol</li> <li>➤ Look at parental use and the messaging modelled to the children.</li> <li>➤ Look at a healthier approach to drinking, lifestyle, dealing with stress – showing them alternative ways of coping, communicating, having fun – lead by example</li> </ul>
<b>Cultural considerations</b>	<ul style="list-style-type: none"> <li>➤ What support systems can the family identify for themselves?</li> <li>➤ Who do they consider role models</li> <li>➤ What behaviours/coping/lifestyle choices make these people role models.</li> <li>➤ Allow the child to identify their own role models and explain why</li> <li>➤ Give the adults insight into their child’s thinking/world/needs</li> <li>➤ What are the cultural attitudes towards alcohol</li> <li>➤ Gender roles towards alcohol use</li> <li>➤ Cultural rituals involving alcohol</li> </ul>
<b>Who is a Family, Friend or Carer?</b>	<ul style="list-style-type: none"> <li>➤ Definition of FFC</li> <li>➤ Identifying signs that FFC’s may need support</li> <li>➤ Think Family</li> <li>➤ What support systems does the family have</li> <li>➤ What local support is available</li> <li>➤ Online resources</li> <li>➤ Family time together- Activity planner</li> </ul>

Topic	Points of discussion
<b>Children &amp; Impacts</b>	<ul style="list-style-type: none"> <li>➤ Behaviour changes</li> <li>➤ Sense of self &amp; belonging at School, clubs, friends, interests</li> <li>➤ Age appropriate alcohol awareness</li> </ul>
<b>Parents</b>	<ul style="list-style-type: none"> <li>➤ IBA alcohol awareness- Units/Wheel</li> <li>➤ Understating effects on children</li> <li>➤ Language used when talking about alcohol</li> <li>➤ Where is alcohol stored</li> <li>➤ Positive conversations around safety</li> <li>➤ Communication, modelling behaviour</li> <li>➤ Family values, boundaries</li> </ul>
<b>Self awareness</b>	<ul style="list-style-type: none"> <li>➤ What are you own culture/value/beliefs</li> <li>➤ Professional development- supervision, training.</li> <li>➤ Be aware protective factors</li> <li>➤ Be optimistic – hopeful</li> <li>➤ Think of useful tools and resources; anger management, sleep hygiene, worksheets to help the family make their own discoveries and choices</li> <li>➤ Help the adults look at their own language, behaviour, coping, stress, well-being etc and use this as a mirror to their children</li> </ul>



# Support for Families impacted by Alcohol use.

Organisation	Description	Contact
Insightful Families	Supporting Families impacted by Alcohol use	Insight Platform 40 Bromley Rd Tottenham, London N17 0AR 02084938525 <a href="mailto:insightplatform@blenheimcdp.org.uk">insightplatform@blenheimcdp.org.uk</a>
HAGA	Supporting adults who are using alcohol.	590 Seven Sisters Road London N15 6HR 020 8801 3999 <a href="http://www.haga.co.uk">www.haga.co.uk</a>
The Grove	Substance misuse service	<a href="#">9 Bruce Grove,</a> London N17 6RA 020 8702 6220

# Help for Family Members, Carers and Relatives with Problem Use

Organisation	Description	Contact
<a href="#">Addaction</a>	A UK-wide treatment agency that helps individuals, families and communities to manage the effects of drug and alcohol misuse.	<a href="http://www.addaction.org.uk/">http://www.addaction.org.uk/</a> Tel: 020 7251 5860
Adfam	National organisation working in a range of ways to support families. Includes details of groups and services for families across England.	<a href="http://www.adfam.org.uk">http://www.adfam.org.uk</a> Tel: 020 7553 7640
Al-Anon Family Groups	International organisation which supports families dealing with alcohol misuse. Runs support groups across the UK.	<a href="http://www.al-anonuk.org.uk">http://www.al-anonuk.org.uk</a> Tel: 020 7403 0888
Carers Trust	National organisation which aims to offer action, advice and support for carers across the UK.	<a href="http://www.carers.org">http://www.carers.org</a> Tel: 0844 800 4361
Carers UK	National organisation which supports carers – run by carers for carers.	<a href="http://www.carersuk.org">http://www.carersuk.org</a> Tel: 020 7378 4999
Cruse Bereavement Care	Leading national charity for bereaved people in England, Wales and Northern Ireland. There is a page on their website about bereavement through alcohol/drugs. See also <a href="http://www.bath.ac.uk/cdas">www.bath.ac.uk/cdas</a>	<a href="http://www.cruse.org.uk">http://www.cruse.org.uk</a> Tel: 0808 808 1677 <a href="http://www.crusescotland.org.uk">http://www.crusescotland.org.uk</a> Tel: 0845 600 2227
Drinkline	The national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence.	Tel: 0300 123 1110 (weekdays 9am – 8pm, weekends 11am – 4pm).
DrugFam	National organisation supporting families and others affected by drug misuse. Includes a range of support for those bereaved through substance use.	<a href="http://www.drugfam.co.uk">http://www.drugfam.co.uk</a> Tel: 0300 888 3853
Families Anonymous	International organisation which supports families dealing with drug misuse. Runs support groups across the country.	<a href="http://www.famanon.org.uk">http://www.famanon.org.uk</a> Tel: 0845 1200 660 (helpline)
Family Lives	A national charity which offers helps and support about all aspects of family life. Action for Prisoners and Offenders' Families is now part of Family Lives.	<a href="http://www.familylives.org.uk">http://www.familylives.org.uk</a> Tel: 0808 800 2222 (helpline) Tel: 0808 808 2003 (National Offenders' Families Helpline)
Grandparents Plus	National organisation which support grandparents and the wider family, including when they take on the care of grandchildren.	<a href="http://www.grandparentsplus.org.uk">http://www.grandparentsplus.org.uk</a> Tel: 0300 123 7015
Icarus Trust	A range of supports across the UK for families affected by addiction. Includes a network of Family Friends who are trained to provide support.	<a href="http://www.icarustrust.co.uk">http://www.icarustrust.co.uk</a>
Relate	The UKs largest provider of relationship support.	<a href="http://www.relate.org.uk">http://www.relate.org.uk</a> Tel: 0300 100 1234
SMART	Helps people recover from addictive behaviour and lead meaningful and satisfying lives. The approach is secular and science based; using motivational, behavioural and cognitive methods. Run a network of self help meetings and also partner with care professionals.	<a href="https://www.smartrecovery.org.uk/">https://www.smartrecovery.org.uk/</a> 0845 603 9830